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# homemakers' chat

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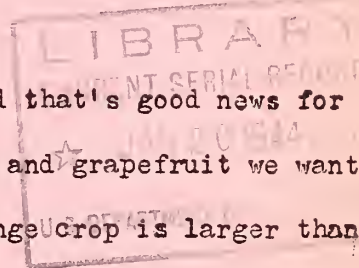
U. S. DEPARTMENT  
OF AGRICULTURE

Wednesday, January 12, 1944

SUBJECT: "CITRUS IN SEASON" Information from food distribution officials of the U.S. Department of Agriculture.

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of 1 It's citrus time again in American grocery stores...and that's good news for homemakers. It means we can buy just about all the oranges and grapefruit we want ...now that they're at the height of their season. The orange crop is larger than last year...the grapefruit crop a bit smaller but still the next to largest on record. Of course, a large quantity of citrus fruit will travel overseas in processed form...to add variety and vitamins to the diets of our armed forces and allies. But we'll still have more oranges and about the same number of grapefruit to eat fresh as we had last year.



Because oranges and grapefruit are plentiful, you'll want to use as many as you can. But that's no hardship. Citrus fruits are rich in vitamin C. Since your body can't store this important vitamin, you need it every day. And at this time of year, when other vegetables and fruits containing vitamin C are scarce, citrus fruits are an easy way of meeting your daily vitamin C needs. Enough vitamin C will help you avoid that tired feeling...combat infection...and build good, strong teeth and gums.

Here's how to get your money's worth in buying citrus fruits. Heaviness means juiciness in oranges and grapefruit...so weigh the fruit gently in your hand. The best oranges and grapefruit are firm to the touch, with no soft spots. The skin is usually smooth and fine-textured...most blemishes like scars, scratches, and slight discolorations are only skin deep. Color isn't a good indication of quality ...some varieties are naturally bright, others are paler. A russet color doesn't affect the flavor, for better or for worse, you know. And when you're buying or-

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anges, it's a help to remember the old rule: "A pound of oranges makes a cup of juice." That's not infallible...but now that oranges are so often sold by the pound, it serves as a guide. Remember also that the small size fruit are often most economical for juice.

Speaking of juice...on a dark winter morning, when the alarm clock goes off and getting up takes a lot of will power...you'll find a glass of cold orange or grapefruit juice surprisingly refreshing. It's not hard to juice these fruits. Pop the oranges or grapefruit into the icebox the night before...and then the juice will come out cold when you squeeze it. Unless you already have a more complicated extractor, a simple glass reamer is very satisfactory. You need a reamer that's deep...the ridges on the cone part shouldn't be too sharp...and it should have a good pouring lip, so the juice won't spill when you pour it. If you squeeze only a little juice and then pour it...you'll find it easier to pour than if you fill the whole reamer. Spoon out any seeds...but don't strain the juice. The tiny bits of pulp contain valuable vitamins and minerals. And that's why you also want to squeeze every bit of juice out of the fruit, and not waste one golden drop.

If you're usually in a rush at breakfast-time...it's all right to squeeze the juice last thing the night before, and store it in the icebox. It won't lose enough vitamin C to count, though the taste changes slightly.

Of course you also use citrus fruits in salads or fresh fruit cup. But you want to be sure you get rid of the bitter white membrane. The membrane comes off most easily when you peel the fruit by hand, and use a knife sparingly. First, remove the rind, and scrape off the white pith with a sharp knife. Then break the fruit in two. If you work by halves, rather than on individual sections, you'll use less juice. Working from the half, remove the membrane of each section in turn. With a sharp knife, cut the membrane along the center...much the way you'd slit a letter with a paperknife. Then the seeds will drop out, and the membrane can be pulled off easily. You may need to do a little more work to get it off the outside of the fruit. But with practice you'll find the sections will come out

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whole...with an almost perfect outline...and nearly every bit of juice intact.

And one last suggestion: Don't always throw away the outer peel of oranges or grapefruit...save it. It also has some vitamin C, you know. Use it to make citrus marmalade..or grind it up with raw cranberries or raw apple for tart relish. Grated orange peel gives a pungent flavor to puddings, biscuits, icings, and cookies, as you've probably discovered. But maybe you don't have orange peel on hand just when you need it. Here's how to solve that problem:

Take the peelings from oranges or other citrus fruit and scald thoroughly. Then wipe off the extra moisture, and set aside to dry. When you're sure the peelings are perfectly dry, run them one by one through a coarse grinder. Store the ground peel in a bottle with a screw top, and label it. Now the peel is ready to flavor your next batch of cookies...you'll be glad you saved the peel from plentiful citrus fruits.

